

FEAST

Families Eating and Actively Sharing Together



***Activities and resources
that build healthy eating and active lifestyles.***



Acknowledgements

A project of this scope takes the dedication of many, many people that willingly give of their time and energy. Thank you for all you do!

The BFNEP Parent Focus Group
Families throughout Washington State.

The BFNEP Professional Advisory Group
Staff from ECEAP sites around Washington State.

State of Washington
Department of Early Learning, State ECEAP Office Staff
Department of Health Staff

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These materials were developed through federal funds from the USDA Basic Food Program and the state of Washington's Department of Early Learning. The Basic Food Nutrition and Education Plan (BFNEP) for Washington State can help qualifying families secure nutrition assistance and education.

For more information, call: 1-877-980-9220
or on-line at: <http://www1.dshs.wa.gov/>

Estos materiales fueron preparados con fondos federales de USDA Basic Food Program y del Department of Early Learning del estado de Washington. El plan "Basic Food Nutrition and Education Plan" (BFNEP) del estado de Washington puede ayudar a las familias que califican a recibir educación y asistencia para la nutrición.

Para más información, llame al: 1-877-980-9220
o en línea a: <http://www1.dshs.wa.gov/>

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Key Messages



5-A-Day



Daily Physical
Activity

FEAST Philosophy

FEAST encourages adults and children to explore healthy eating and physical activity. Families have fun as they learn about colorful fruits and vegetables, make healthy food choices, and set goals for healthy habits.

FEAST provides concrete activity ideas that you can use with families in your program. Focus on family strengths, and feel free to adapt the activities to your particular group.

With topics as personal as how and what we eat, it is especially important to accept families where they are right now. These activities can help families identify their healthy habits and explore ways to build on them. Changing attitudes and behavior takes time and energy, so be patient.

Remember that “telling isn’t teaching.” Instead of long lectures:

- 1) Offer snippets of information for families’ consideration.
- 2) Support conversation during activities so families can share information.
- 3) Model healthy eating, mealtime conversation, and physical activity.
- 4) Provide an unhurried environment with enough time for all voices to be heard.
- 5) Allow quiet time for the personal reflection that often precedes habit changes.

When Families and Staff FEAST, Adults Learn:

- Five or more servings of colorful fruits and vegetables each day provide a wide range of nutrients needed to maintain good health and energy levels.
- Fruits and vegetables can be prepared a variety of ways for different family members’ tastes.
- Thirty minutes of moderate physical activity per day is recommended for stress-reduction, health, and fitness.
- Family nutrition and physical activity go hand-in-hand with family fun.

Children Learn:

- Eating colorful fruits and vegetables each day helps them grow, play, and learn.
- Moving their bodies in many ways every day keeps them strong and healthy.

FEAST

Families Eating and Actively Sharing Together

Fun-filled, hands-on activities that build awareness and skills in nutrition, health, and physical activity.

The FEAST Project

- Focuses on building awareness and skills about nutrition and physical activity using a family-friendly and fun approach.
- Builds family knowledge about the importance of nutrition and physical activity through hands-on activities.
- Encourages parents to consider ways of adding more fruits, vegetables, and physical activity to their families' day.
- Offers staff an activities guide for ways to support family nutrition and health skills using a strength-based model.
- Provides high-interest materials for family hands-on learning.

Programs Need




- Staff interested in building on successful family involvement activities.
- Parents interested in having fun, learning, and sharing with each other.
- A place for parents to join together and create FEAST scrapbooks as they share and learn from each other about health and nutrition.
- Program support for reaching out to eligible families with nutrition education opportunities.

The Result?


- Increased knowledge of healthy food choices and physical activity.
- Fun experiences as staff and families work together building healthy lifestyles in their communities.
- Family scrapbooks that offer parents and children fun ways to keep learning.

FEAST: Families Together



When families practice new skills together in a relaxed, comfortable atmosphere, they are more likely to try them again at home. The following activities offer some suggestions for fun learning that families can try together.

Activity	What Is It?	Why?	Tips
 <p>Family Photos</p>	<p>During FEAST activities, take pictures of families as they learn and play together. Families paste photos into their scrapbooks.</p>	<p>Seeing your family in action can be fun, and a great way to keep what we've learned fresh!</p>	<p>Older children can help take the pictures, as younger children and parents try the activities.</p>
 <p>Mystery Box</p>	<p>Hide different sturdy vegetables in a box, or bag. Invite families to take turns discovering the mystery box items. Give hints such as the color, taste, or way it could be used.</p>	<p>Families learn about different fruits and vegetables using senses other than eyes.</p>	<p>Parents and older children can hide the fruits and vegetables for the younger children.</p>
 <p>Food Exploration and Demonstration</p>	<p>Invite families to prepare fruit or veggie salads, fruit smoothies, parfaits, or other recipes focusing on fruits and vegies.</p> <p>Use yogurt, honey, or cinnamon for a simple fruit salad dressing.</p> <p>A simple veggie dressing: 1 part vinegar, 2 parts olive oil, any of the following: crushed garlic, basil, oregano, parsley, salt, pepper...</p>	<p>An important part of family meals is preparing and cleaning up together.</p> <p>Little hands enjoy working with big hands and learning new skills, too!</p>	<p>Remember! Safety First!</p> <ul style="list-style-type: none"> • Wash hands • Wash fruits and veggies • Younger children can cut bananas with a table knife or tear lettuce. <p>See <i>Recipes for Demonstration Foods</i> on page 14, and <i>When I Help</i> posters on pages 15-18.</p>



FEAST: Families Together

Activity	What Is It?	Why?	Tips
 <p>Fruit Basket Upset</p>	<p>A fun, physical game. Players sit in a circle, in chairs or on floor mats. The leader gives players a fruit or vegetable sticker or card. (See FEAST resource poster on page 31.)</p> <p>One player stands in the middle and calls out the name of a fruit or vegetable.</p> <p>Players with that fruit or vegetable race each other to an empty seat.</p> <p>The player left without a seat takes a turn in the middle to call out the name of a fruit or vegetable.</p> <p>Players can make it more complicated by calling two fruits or vegetables at once, or calling “Fruit Basket Upset” so everyone must find a new seat.</p>	<p>There are many ways of getting fun and vigorous physical activity each day.</p> <p>This is a simple game that the family can play together.</p>	<p>Variations on Fruit Basket Upset:</p> <ul style="list-style-type: none"> Whisper the name of a fruit or vegetable to each person to remember while playing. Parents can share a seat with a young child, and play together. Add the rule that you have to find a new seat each time. Remind players to watch the space around them when small children, grandparents, and people with differing physical abilities play! Stay safe! <p>Note: There must be exactly one seat for each player EXCEPT the player calling out the name of fruits and vegetables for this game to work.</p>




FEAST: Families Together

Activity	What Is It?	Why?	Tips
 <p>Charades</p>	<p>A fun physical activity and family game.</p> <p>Individually, or in family groups, players act out a charade card. Other players try to guess what is being acted out.</p>	<p>This game encourages creativity, physical activity, and family togetherness.</p>	<p>See FEAST resource poster pages 32-34 for charades cards.</p> <p>Set a timer for fast-paced activity.</p>
 <p>Scavenger Hunt</p>	<p>A hands-on, fun activity for learning about fruits and vegetables.</p> <p>Families use the clues on the scavenger hunt cards to guess the fruits and vegetables.</p> <p>As families guess the fruit or vegetable hint on the scavenger card, they come to your “produce stand” to collect it by redeeming the completed scavenger card.</p> <p>You can find the scavenger game cards template on pages 22-29.</p>	<p>The scavenger hunt encourages teamwork, and offers some colorful nutrition information, too!</p>	<p>Create more scavenger cards based on produce that is in season, or to provide unusual fruits and vegetables. See template p.30.</p> <p>A good website for some fast facts on fruits and vegetables across the rainbow can be found at: http://www.5aday.com/html/colorway/colorway_home.php</p>

FEAST: Families Together

Activity	What Is It?	Why?	Tips
 <p>Obstacle Course</p>	<p>A fun physical activity that challenges family members to move their bodies in many different ways.</p> <p>Some ideas:</p> <ul style="list-style-type: none"> • Climb on stairs, or sturdy crates. • Crawl under tables or through hula hoops. • Jump over ropes. • Throw bean bags at targets. • Hop or balance on a tape line. 	<p>Daily moderate physical activity is recommended for all family members – this is just one way to have fun while getting it!</p>	<p>Offer water to your thirsty players at the end of the obstacle course.</p> <p>Include slices of lemon, or other flavorings for them to experiment with.</p> <p>See the resource posters on the importance of water, pages 19-21.</p>
 <p>Stretch & Relax Time</p>	<p>A quiet space and time for families to relax.</p> <p>Lead gentle stretching and relaxation activities for parents and children to soothing background music.</p>	<p>Finding quiet time to relax and soften muscles is important to good health.</p>	<p>Stretch slowly and gently without bouncing.</p> <p>Dim the lights.</p> <p>Some possible resources include:</p> <p><i>Starbright: Meditations for Children</i> by Maureen Garth</p> <p><i>Kids Yoga Deck: 50 Poses and Games</i> by Annie Buckley</p>

FEAST: Families Together

Activity	What Is It?	Why?	Tips
 <p>Group Juggle</p>	<p>A fun physical ice-breaker for families to play.</p> <p>Players toss soft bean bags to each other to learn names or other fun facts about each other.</p>	<p>Icebreakers help adults and children feel more comfortable and able to participate.</p>	<p>See http://www.wilderdom.com/games/descriptions/GroupJuggle.html for more ideas.</p>
 <p>That's Me!</p>	<p>A fun icebreaker for all ages.</p> <p>Ask players to stand and yell "That's Me!" when they hear a statement that is true for them.</p>	<p>Icebreakers that include fun physical activity help adults and children relax and feel more comfortable in the group.</p>	<p>Ask questions like who:</p> <ul style="list-style-type: none"> • Loves to eat cherries? • Doesn't like washing dishes? • Has never seen a rutabaga?
 <p>Balloons Galore</p>	<p>A fun icebreaker for family teams!</p> <p>Ask players to blow up a balloon for each family member, then write or draw something they do to stay healthy, or to help the family stay healthy, on the balloon.</p> <p>Ask families to throw their balloons in the air on the count of three and work as a team to keep the balloons in the air.</p>	<p>Strong and healthy families take work!</p> <p>Families work hard every day to be as strong and healthy as they can be – this is a fun way to notice and honor the hard work families do!</p>	<p>Safety Tips:</p> <p>Use thick tip, non-toxic markers to avoid popping the balloons. (Look for brands without xylene.)</p> <p>Do not use with infants and toddlers due to choking hazard.</p>

FEAST: Families Together

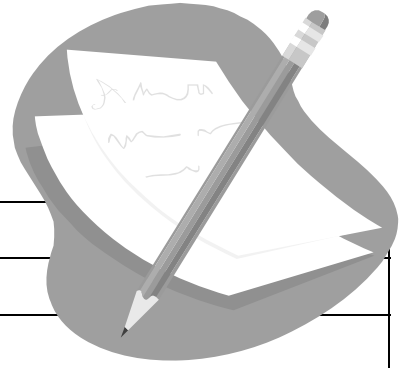
Here are some ideas for fun activities from other folks around Washington State. Feel free to adjust activities to better meet the needs of families you work with. Invite families and volunteers to help you plan fun activities. Just stick to the two key messages:

- Eat five or more fruit and vegetables every day.
- Get daily moderate physical activity.

Activity	Description
<i>Recipe Replay</i>	Invite families to share their favorite recipes, meals, or cooking tips with each other and brainstorm ways of adding more nutrition. For example: <ul style="list-style-type: none">• Add extra vegetables to frozen pizza such as broccoli, spinach, grated carrot. Offer fresh fruit for dessert.• Substitute low-fat or skim milk for whole milk when cooking or try using applesauce in place of oil in baking recipes.
<i>Passport to Play</i>	Set up several nutrition and physical activity options for families to rotate through. Give each family a “passport” book to keep track of which activities they have tried. The “passport” book can be exchanged for incentives at the end of the class.
<i>Obstacle Course Design</i>	Invite families to design and set up an obstacle course. Provide butcher paper and pens for planning. Include some typical materials found in homes for use in building the obstacle course.
<i>Salad-Toss</i>	Provide green salad fixings for families to prepare. Have them put their salad in a Ziploc bag, add their salad dressing, zip the bag up, and toss back and forth to each other! It's a great way to get 5-a-day and bodies up and moving, too!
<i>Worm Walks</i>	Get outside after the rain and count the worms you see. Hop over the puddles you find, or try to tip-toe through them without making any ripples. Make up silly songs about the rain as you walk.
<i>Staff Says</i>	During FEAST events, ask each staff person to choose one particular nutrition, physical activity, or health message to focus on and share with families during the activities. Another option includes enlisting a staff person or community volunteer to dress up as a fruit fly and “buzz” around during activities offering brief nutrition and health tips during the activities.
<i>Table Top Creation</i>	Invite families to make veggie critters as table centerpieces for their table. Take pictures of families and their creations for them to add to their <i>FEAST Scrapbooks</i> . But don't leave them out too long or you'll have real flies.
<i>Farmer's Market</i>	Set-up a “farmer's market” to use with nutrition learning games. For example, after families answer the scavenger hunt cards (see pages 22-29), they can use each card to redeem a sample fruit or veggie! Remember to tie sample fruits and veggies to learning activities!

FEAST: Families Together

Ideas I learned about or have for some fun nutrition and physical activity learning activities in my program.

[illegible]

FEAST Recipe Cards

Looking for some simple ways to prepare fruits and vegetables with families? Try these recipes – make copies and share them with families to take home with them!



Simple Fruit Salad Dressings



Yogurt – for dipping or drizzling
Honey – could be used as a sweetener for plain yogurt
Cinnamon – lightly sprinkled

What Would Your Family Try?

Fruit Smoothie



Wash Fruit

Blend: 1 cup milk or soy milk
 1 cup yogurt or soy yogurt (8 oz)
 1 banana
 1 cup berries

Serves 4

Frozen Fruit Works Well, Too!

Simple Veggie Dressing



Mix Together:

- 1 part vinegar
- 2 parts olive oil

Add any of the following:

Crushed garlic,
 Basil,
 Oregano,
 Parsley,
 Salt,
 Pepper . . .

**What Would Your Family
 Like To Try?**

Fruit Parfait



Wash fruit

Cut fruit into bite-size pieces

Layer:

Yogurt,
 Fresh fruit,
 Granola . . .

**What Other Ways
 Could You Serve Fruit Today?**

When I Help, I Learn . . .

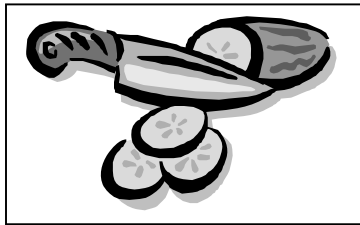
Children learn best by doing -- keep these reminders handy for families as they make their smoothies, parfaits, and fruit or veggie salads. Some programs choose to laminate these reminders and keep them near the food preparation areas.



When I Help, My Hands Learn To . . .



Wash



Cut



Mix

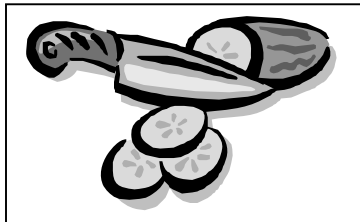
Kids Like To Help! They Learn and Have Fun!



Cuando ayudo, mis manos aprenden a . . .



Lavar



Cortar



Mezclar

¡A los niños les encanta ayudar! ¡Aprenden y se divierten!

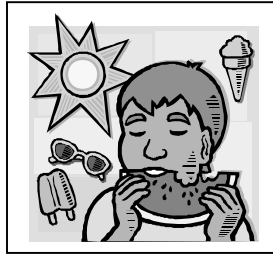
When I Help, I Learn . . .



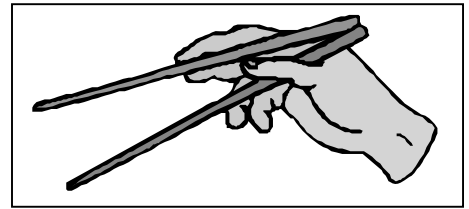
When I Help, My Senses Experience . . .



Smells



Tastes



Touch

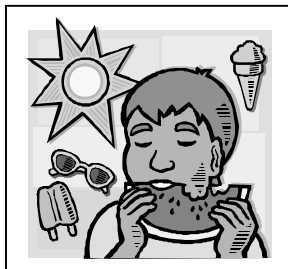
Kids Learn Best When They Use All Their Senses Every Day!



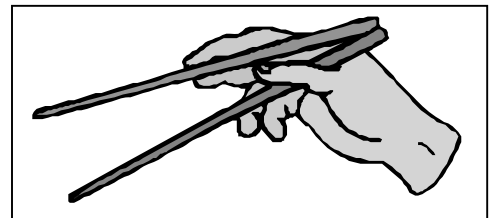
Cuando ayudo, mis sentidos experimentan . . .



Olores



Gustos



Tacto

¡Los niños aprenden, mejor cuanto usan todos sus sentidos todos los días!

When I Help, I Learn . . .



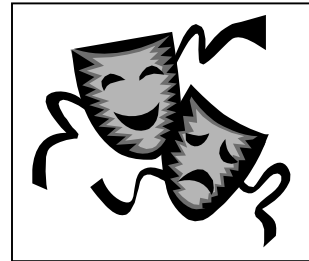
When I Help, I Learn To Share With You . . .



Time



Space



Likes and Dislikes

Kids Learn Social Skills By Watching You and Trying Out What They See You Do!



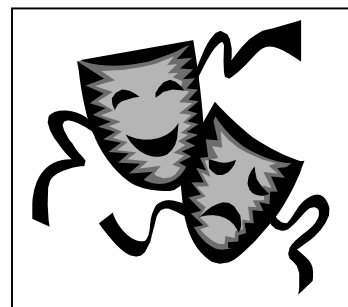
Cuando ayudo, aprendo a compartir contigo . . .



Tiempo



Espacio



Gustos y disgustos;

Los niños aprenden a socializar
observándote e imitando lo que tú haces!

When I Help, I Learn . . .



When I Help, I Learn New Skills . . .



Sorting



Following Directions

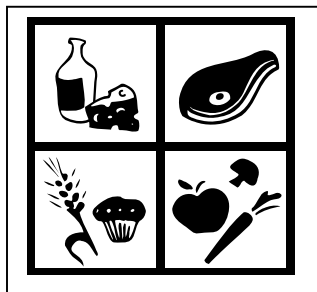


Measuring

When I Help, I Learn Skills That Get Me Ready For
Kindergarten!



Cuando ayudo, aprendo a . . .



Clasificar



Seguir instrucciones



Medir

Cuando ayudo, aprendo cosas que me preparan para Kinder!

The Importance of Water

Drinking plenty of water is important for everyone! Keep these mini-posters handy, along with some refreshing water and encourage families to drink water after some fun physical activity such as a family obstacle course (see page 10).



Water Is Delicious and We Need Lots of It!



Did You Know?

Drinking plenty of water each day

helps your body to:

- Digest food
- Adjust body temperature
- Cushion joints
- Protect vital organs
- Reduces constipation



El agua es deliciosa y necesitamos mucha!



¿Sabías tú?

Tomar mucha agua todos los días

ayuda a tu cuerpo a:

- Digerir la comida
- Equilibrar la temperatura del cuerpo
- Lubricar las coyunturas
- Proteger los órganos vitales
- Reducir la constipación

The Importance of Water



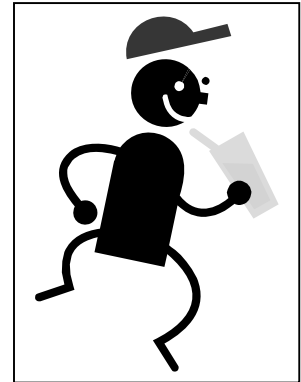
Have a headache?

Feeling irritable and cranky?

Tired?

Sore back?

TRY A GLASS OF WATER!



Did You Know?

The more coffee, soda pop, fruit juices, milk and tea you drink each day, the more water your body needs to stay hydrated and healthy.



¿Tienes un dolor de cabeza?

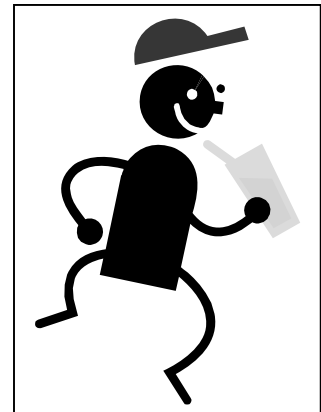
¿Te sientes irritado y malhumorado?

¿Cansado?

¿Con dolor de espalda?

¡INTENTA TOMAR

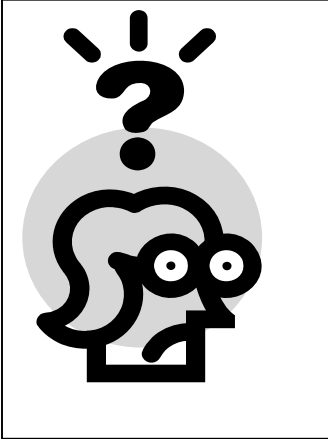
UN VASO DE AGUA!



¿Sabías tú?

Cuanto más café, gaseosas, jugos de fruta, leche y té tomes, más agua necesita tu cuerpo para estar hidratado y saludable.

The Importance of Water

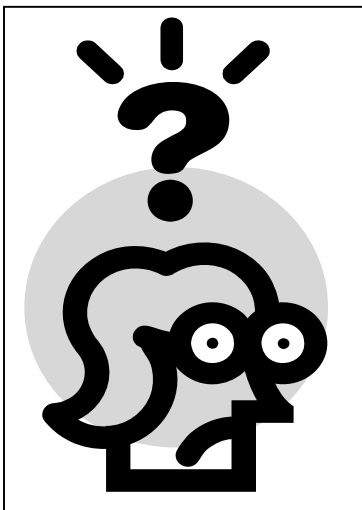
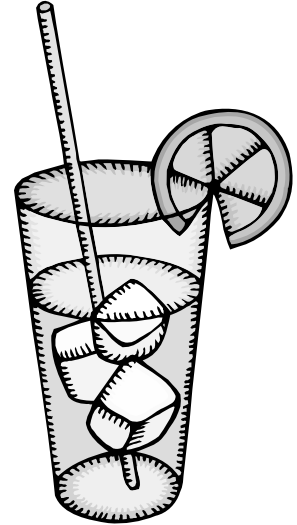


What About Taste?

Try adding a squeeze of
lemon, lime, or orange.

Try warm water with
honey or lemon.

ENJOY!

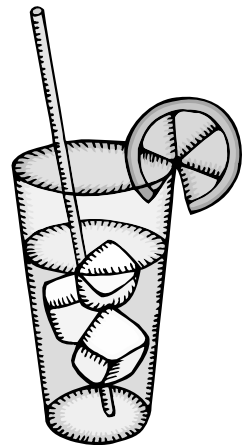


¿Qué puedo hacer con el gusto?

Agrégle el jugo de un limón,
lima o naranja.

Prueba tomar agua tibia
con un poco de limón y miel.

¡Disfrútala!



Scavenger Hunt Cards

Playful learning is one of the foundations of FEAST. Copy a set of these cards for each family to solve together. Set up a table where cards with solutions can be exchanged for the sample fruit or vegetable that matches the card. For more ideas, see page 9.



My Shape Is . . .	Round
My Color Is . . .	Orange
I Am Good For You Because of . . .	Vitamin C
Helpful Hint . . .	I Can Squirt You In the Eye
What Am I?	



Mi Forma Es . . .	Redonda
Mi Color Es . . .	Anaranjado
Soy Buena Para Ti Porque Tengo . . .	Vitamina C
Ayuda . . .	Puedo Salpicarte Los Ojos Cuando Me Comes
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Like A Tree
My Color Is . . .	Green
I Am Good For You Because of . . .	Vitamin A, C, and Calcium
Helpful Hint . . .	I Start With the Same Sound As the Word <u>B</u> rother
What Am I?	



Mi Forma Es . . .	Como la de un árbol
Mi Color Es . . .	Verde
Soy Bueno Para Ti Porque Tengo . . .	Vitamina A, C y calcio
Ayuda . . .	Mi nombre comienza como la palabra <u>B</u> rother en inglés, y <u>B</u> rotar en español
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Like Bubbles
My Color Is . . .	Red or Green
I Am Good For You Because of . . .	Antioxidants (help prevent cancer)
Helpful Hint . . .	17 of these make one serving
What Am I?	



Mi Forma Es . . .	Como la de las burbujas
Mi Color Es . . .	Verde o rojo
Soy Bueno Para Ti Porque Tengo . . .	Antioxidantes (ayudan a prevenir el cáncer)
Ayuda . . .	17 forman una porción
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Like A Root
My Color Is . . .	Orange
I Am Good For You Because of . . .	Vitamin A
Helpful Hint . . .	Babies Love To Eat It!
What Am I?	



Mi Forma Es . . .	Como la de una raíz
Mi Color Es . . .	Anaranjado
Soy Bueno Para Ti Porque Tengo . . .	Vitamina A
Ayuda . . .	¡A los bebés les encanta comerla!
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Round
My Color Is . . .	Red, Yellow, or Green
I Am Good For You Because of . . .	Fiber
Helpful Hint . . .	Some say that one of these a day will keep the doctor away.
What Am I?	



Mi Forma Es . . .	Redonda
Mi Color Es . . .	Rojo, amarillo o verde
Soy Bueno Para Ti Porque Tengo . . .	Fibra
Ayuda . . .	Algunos dicen que si comemos una por día, mantendrá lejos a los doctores
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Like A Boat
My Color Is . . .	Yellow
I Am Good For You Because of . . .	Potassium
Helpful Hint . . .	I am a Monkey Munchable!
What Am I?	



Mi Forma Es . . .	Como la de un barquito
Mi Color Es . . .	Amarillo
Soy Bueno Para Ti Porque Tengo . . .	Potasio
Ayuda . . .	A los monos les encanta comerlas.
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Like A Leaf
My Color Is . . .	Green
I Am Good For You Because of . . .	Iron
Helpful Hint . . .	I am Popeye's favorite vegetable
What Am I?	



Mi Forma Es . . .	Como la de una hoja
Mi Color Es . . .	Verde
Soy Bueno Para Ti Porque Tengo . . .	Hierro
Ayuda . . .	Soy la verdura favorita de Popeye.
¿Qué soy?	

Scavenger Hunt Cards



My Shape Is . . .	Like an Icicle
My Color Is . . .	Orange
I Am Good For You Because of . . .	Beta-Carotene
Helpful Hint . . .	I Help You See Better
What Am I?	



Mi Forma Es . . .	Soy como una ramita
Mi Color Es . . .	Anaranjada
Soy Bueno Para Ti Porque Tengo . . .	Beta-Caroteno
Ayuda . . .	Te ayudo a ver mejor
¿Qué soy?	

Scavenger Hunt Cards: Design Your Own

Like to use different fruits and vegetables? Here is a template for you to use!



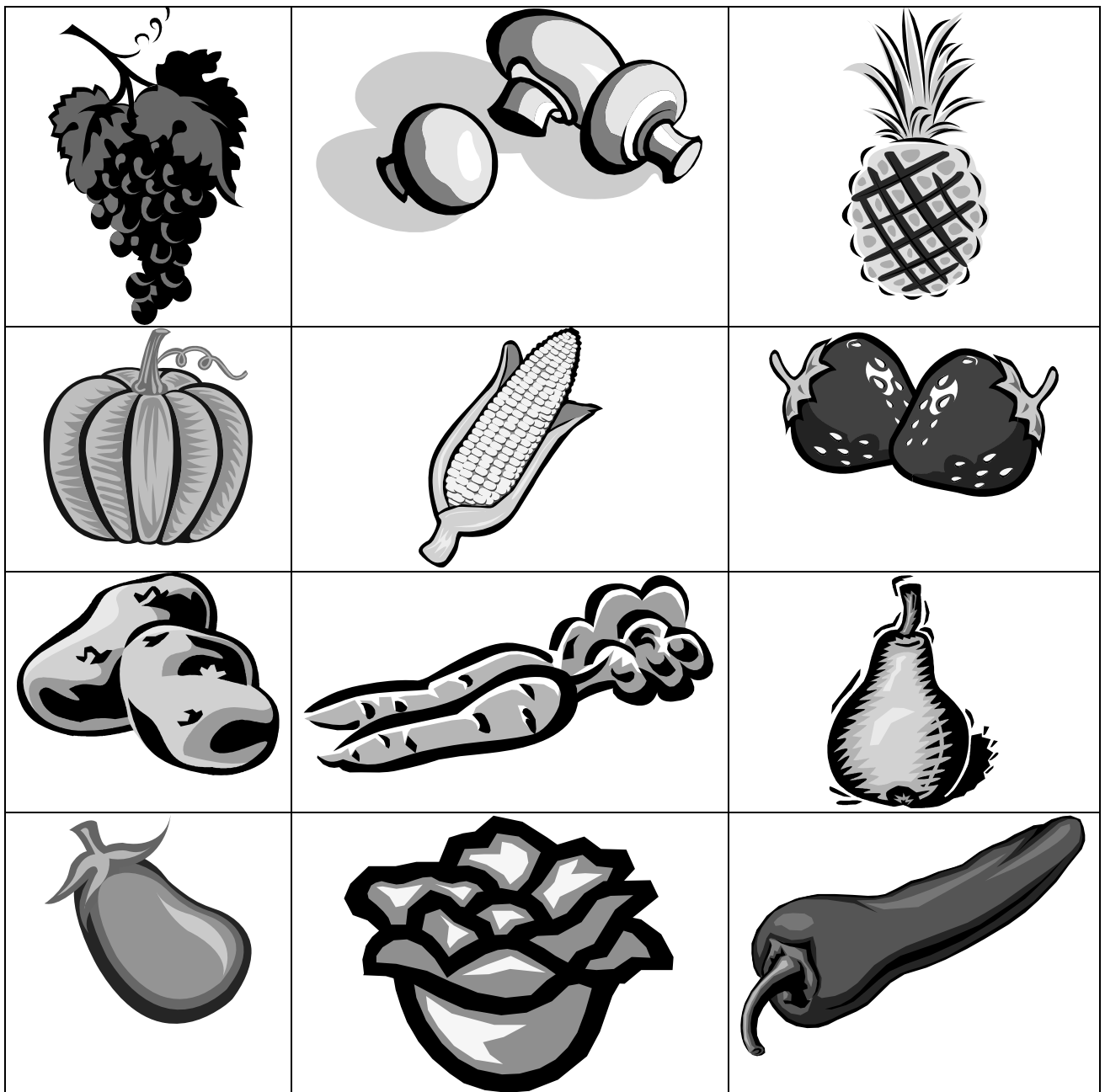
My Shape Is . . .	
My Color Is . . .	
I Am Good For You Because of . . .	
Helpful Hint . . .	
What Am I?	



Mi Forma Es . . .	
Mi Color Es . . .	
Soy Bueno Para Ti Porque Tengo . . .	
Ayuda . . .	
¿Qué soy?	

Fruit Basket Upset: Player Cards

A fun variation on musical chairs, this game guarantees lots of movement and laughter. Make several copies of this page and cut out the individual fruits and vegetables. Each player should receive one fruit or vegetable, but make sure you keep a complete set for the person calling out which fruit or vegetables to trade seats. For complete directions, see page 8.



Charades: Players Cards

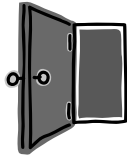
A brisk game of charades is another great way to get some fun, physical activity. Copy these pages, cut them into individual cards, and use them as cues for the “actor” to act out the word for the audience. For more information, see page 9.



**SEWING
COSER**



**PLAYING PIANO
TOCAR EL PIANO**



**OPENING A DOOR
ABRIR LA PUERTA**



**TAKING A BATH
TOMAR UN BAÑO**



**CATCHING A BALL
AGARRAR LA PELOTA**



**DRIBBLE A BALL
HACER REBOTAR LA PELOTA**



**PLAYING BASEBALL
JUGAR AL BASEBALL**



**PAINTING A PICTURE
PINTAR**

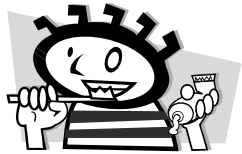


**BLOWING BUBBLES
HACER BURBUJAS**

Charades – Players Cards



HAMMERING A NAIL
PONER UN CLAVO



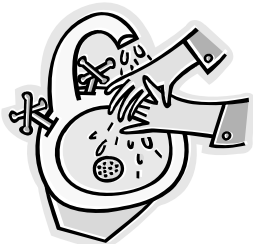
BRUSHING TEETH
CEPILLARSE LOS DIENTES



JUMPING ROPE
SALTAR LA SOGA



READING A BOOK
LEER UN LIBRO



WASHING HANDS
LARVARSE LAS MANOS



SWINGING
JUGAR EN EL COLUMPIO



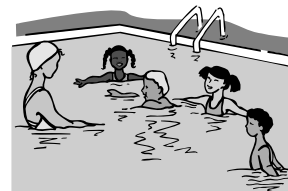
PACKING A SUITCASE
HACER LA MALETA



SLEEPING
DORMIR



SKATING
PATINAR



SWIMMING
NADAR

Charades - Players Cards



**RIDING A BIKE
ANDAR EN EL TRICICLO**



**SWEEPING
BARRER**



**FISHING
PESCAR**



**COOKING
COCINAR**



**WASHING DISHES
LAVAR LA LOZA**



**EATING TOGETHER
COMER JUNTOS**



**PLANTING
PLANTAR**






**SINGING
CANTAR**




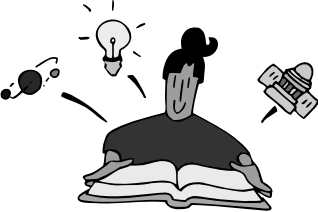

**RAKING LEAVES
JUNTAR HOJAS**

FEAST: Children's Program Activities

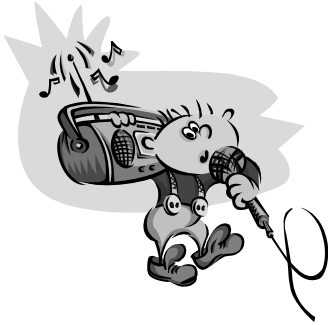


Remember! Play-based learning is a hallmark of early childhood education. Colorful fruits and vegetables coupled with snappy physical activities keep children learning and growing. Keep activities fun and simple. Provide the environment and materials, and learn side-by-side with the children. Have fun!

Circle Time	Tips
 Sing-a-long	Listen to a sound recording of this song at: http://www.songsforteaching.com/unclebrothers/themorewegettogether.htm The more we get together, together, together The more we get together, the happier we'll be 'Cause your friends are my friends and my friends are your friends . . . The more we get together the happier we'll be
 Brainstorm	What are friends? What do friends do? How do friends treat each other? Write their ideas on a large sheet of paper. If they don't mention it, you can add: <ul style="list-style-type: none">• Use kind words• Share• Have fun together• Help each other
 Read	<i>Fox Makes Friends</i> by Adam Relf After reading the story, ask the children how building the pumpkin sculpture helped Fox to make friends. Ask them what other fruits or vegetables they might use to build a colorful sculpture. Keep sturdy vegetables and craft supplies handy while reading the story and invite the children to help build a friend along with Fox.

FEAST: Children's Program Activities

Circle Time	Tips
<p data-bbox="427 342 621 373">Sing-A-Long</p>  <p data-bbox="446 926 617 957">Brainstorm</p>  <p data-bbox="540 1329 617 1360">Read</p> 	<p data-bbox="646 342 1219 373">Listen to sound recording of this song at:</p> <p data-bbox="646 415 1336 447">www.songsforteaching.com/ApplesBananas.html</p> <p data-bbox="646 489 1425 709"> I like to eat, eat, eat apples and bananas (repeat) I like to ate, ate, ate ay-ples and ba-nay-nays (repeat) I like to eat, eat, eat ee-ples and bee-nee-nees (repeat) I like to ite, ite, ite i-ples and by-ny-nys (repeat) I like to ote, ote, ote oh-ples and bo-no-nos (repeat) I like to oot, oot, oot oo-ples and boo-noo-noos (repeat) </p> <p data-bbox="646 741 1336 772">Variations: Substitute other fruits and vegetables.</p> <p data-bbox="646 926 1438 999">What makes us healthy and strong? Write their ideas on large easel paper.</p> <p data-bbox="646 1035 1398 1108">If they don't mention it during the brainstorm, you can add:</p> <ul data-bbox="646 1115 1336 1188" style="list-style-type: none"> • Eat 5 colorful fruits and vegetables each day. • Move bodies in lots of ways each day. <p data-bbox="646 1329 1003 1360"><i>Lunch</i> by Denise Fleming</p> <p data-bbox="646 1402 1446 1476">Ask children to count on their fingers 5 fruits and veggies they like to eat.</p> <p data-bbox="646 1514 1466 1650">Keep sample bites of different fruits and veggies handy as you read the story with the children. Invite the children to try the fruits and veggies just as the mouse does in the story.</p>

FEAST: Children's Program Activities

Circle Time	Tips
<p data-bbox="423 344 625 380">Sing-A-Long</p>  <p data-bbox="444 961 625 997">Brainstorm</p>  <p data-bbox="537 1402 625 1438">Read</p> 	<p data-bbox="646 344 933 380"><i>Tarzan of the Apes</i> (Tune: Battle Hymn of the Republic)</p> <p data-bbox="646 457 1453 674"> I like bananas, coconuts and grapes <i>(bend over with arms swinging in front of you like an ape)</i> I like bananas, coconuts and grapes I like bananas, coconuts and grapes That's why they call me Tarzan of the apes <i>(shout last line, and stand up and beat your chest)</i> </p> <p data-bbox="646 709 1453 779"> For another fun movement song, check out <i>Slippery Fish</i> on-line at: http://www.charlottediamond.com/music/10_carrot_diamond.htm </p> <p data-bbox="646 961 1453 1108"> Ideas about moving our bodies in many ways, every day and why it is important. Write ideas on large easel paper. If they don't mention it during the brainstorm, you can add: <ul data-bbox="646 1115 917 1304" style="list-style-type: none"> • Strong muscles • Strong bones • Strong heart • Staying fit • Staying well </p> <p data-bbox="646 1402 1079 1438"><i>Hop Jump</i> by Ellen Stoll Walsh</p> <p data-bbox="646 1472 1404 1549"> Encourage the children to dramatize the story, as you "narrate" it a second time. </p>

FEAST: Children's Program Activities

Center-Based Learning	Tips and Variations
Art Activity	
<p><u>We Are What We Eat</u> Building on the story <i>Lunch</i>, paint the colors of colorful fruits and vegetables onto an outline of a child or mouse.</p> <p><u>String Painting</u> Dip a piece of yarn or string into paint. Holding the dry part of the string, dance the wet part on the paper in time to music.</p> <p><u>Making a Friend</u> Building on the story <i>Fox Makes Friends</i>, invite children to make a picture of a friend. Have them dictate their friends' name and favorite fruit or vegetable to eat to an adult to write down on the picture.</p>	<p><u>We Are What We Eat</u></p> <ul style="list-style-type: none"> • Use individual papers. • Do as a group on an outline drawn on butcher paper. • Try making prints with fruits and vegetables. <p><u>String Painting</u></p> <ul style="list-style-type: none"> • Match strings and paint color. <p><u>Making a Friend</u></p> <ul style="list-style-type: none"> • Make sure to have multi-color skin tone markers or crayons handy. • Encourage children to "interview" their friend about their favorite fruit or vegetable before making their picture. • Remember to get permission from the child before you write on their picture.
Sorting Activity	
<p>Sort real or felt fruits and vegetables by color onto the rainbow poster by color.</p>	<ul style="list-style-type: none"> • Count 5 fruits and veggies you like to eat. Are they all the same color? What colors are there? • Compare your favorite color fruit or vegetable to your friend's favorite color fruit or vegetable.
Sensory Activity	
<p><u>Playdough</u> Explore scented playdough, using kitchen tools.</p> <p><u>Guess the Smell</u> In small groups, pass around the smell canisters and guess what food it is. Seal the tops of the canister with glue or duct tape.</p>	<p><u>Playdough</u> Try unusual herbs or scents such as cumin, lavender, pumpkin spice.</p> <p><u>Guess the Smell Materials</u> One 35 mm film canister with pinholes in the top for each scent. Soak cotton balls in liquid scents.</p>

FEAST: Children's Program Activities

Center-Based Learning	Tips and Variations
Books	
Set out nutrition and physical activity books in a quiet, soft area.	Provide art materials for children to create their own stories about fruits and vegetables. Looking for some new book ideas? See page 41.
Indoor Gross Motor Activities	
<u>Obstacle Course</u> Create an obstacle course in the room. Make sure to provide materials that would commonly be found in the home. <u>Musical Hugs</u> Play like musical chairs, but when the music stops, find someone to hug.	<u>Obstacle Course</u> <ul style="list-style-type: none"> Remember – outdoor play in the sunshine and fresh air is important! Even sunshine peeking through clouds! Older children could create posters and time the course. Try parachute activities, scarf dancing, and bean bag games. <u>Musical Hugs</u> Some folks prefer using handshakes to hugs, or teaching children about “buddy hugs” – a hug that is side-to-side, rather than front-to-front.
Creative Movement	
<u>Move Like A</u> On a mat, pretend you are ... apples dropping off the tree ... popcorn popping ... vegetable plants growing	<u>Move Like A</u> <ul style="list-style-type: none"> Move like a rabbit, frog, dog, bear, crab... Move like an airplane, bowling ball, spinning top . . .
Dramatic Play	
Children practice shopping for and cooking healthy foods in a pretend grocery store or kitchen.	Provide paper and crayons for children to write their shopping lists or recipes on.
Building Activity	
<u>Potato People</u> Build potato people using toothpicks, potatoes, left-over scraps of cloth, lace, ribbons, buttons, and other craft materials.	<ul style="list-style-type: none"> Best as a small group activity to help monitor the toothpicks for safety! Like a simpler sculpting activity? Have small sticks and scotch tape or twist ties available during choice time. Kids can make their own stick friend, or other shapes.

FEAST: Children's Program Activities

As FEAST grows, so do the ideas for nutrition and physical learning activities. The following suggestions are from ECEAP staff, parents, and community members.

Activity	Description and Suggestions
<i>Scrub-a-Dub</i>	Toddlers can practice washing plastic fruits and vegetables using warm soapy water and sponges. Don't be surprised if they take over for the parents and older children washing the real fruits and vegetables!
<i>Older Kid Ideas</i>	Many older children have found scrapbooking with their parents a good way of connecting. Allow them the space and time to do so! Older children enjoy building fruit and veggie sculptures, too. You can also get older children involved right off the bat by asking them to help take pictures, run the "mystery box" activity, and help build the obstacle course.
<i>Look at My List</i>	Ask children to help their parents make a grocery list of the different foods needed to make a parfait. Keep paper and pencils, magazines, scissors and gluesticks handy so all levels of readers and non-readers can make a list. After making the list, invite families to make their parfaits.
<i>Cheer Me On!</i>	Keep pom-poms handy for folks waiting their turn to go through the obstacle course. They can cheer each other on, and get a start on some fun physical activity by cheering and waving pom-poms!
<i>Color Fun</i>	Children can choose different food colors to mix in plain yogurt and then dip fresh fruit into the yogurt for a tasty, colorful snack.

Other Activity Resources

Looking for more ideas? Here are some websites you might like to visit.

Website Resources
http://www.brightfutures.org/nutrition/
http://www.bookvine.com/t.asp?action=SHOW&CAT=15Health
http://www.mamalisa.com/world/
http://www.bussongs.com/activity_songs.php
http://www.bcm.edu/cnrc/resources/kids.html
http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
http://www.brightfutures.org/physicalactivity/index.html
http://www.topics-mag.com/edition11/games-section.htm
http://www.kidsrcooking.com/
http://www.kidsgardening.com/growingideas/projects/library.html
http://www.emilycompost.com/kid_main_page.htm
http://www.dole5aday.com/

FEAST: Children's Program Book Ideas

Looking for a few new titles – or some old favorites? Check out the list below!



Title	Author	ISBN	Notes
<i>Dumpling Soup</i>	Jama Kim Rattigan	0-316-73047-5	A cross-cultural blending of Korean, Japanese, Chinese, Hawaiian, and <i>haole</i> tradition and heritage.
<i>Miranda's Day to Dance</i>	Jackie Jasina Schaefer	0-02-781111-5	Interactive/movement story with some South American and Brazilian components.
<i>Full Moon Barnyard Dance</i>	Carole Lexa Schaefer	0-7636-1878-0	Interactive/movement story using traditional farm animals and settings singing and dancing in untraditional ways.
<i>The Musubi Man</i>	Sandi Takayama	1-57306-053-4	A Hawaiian cultural version of the gingerbread man story.
<i>Love as Strong as Ginger</i>	Lenore Look	0-689-81248-5	Intergenerational sharing between a Chinese grandmother and granddaughter.
<i>Ayeeyo Nana Grandma Nana</i>	Veronique Tadjó	1-84059-292-3	Written in both Somali and English languages, the story of Grandma Nana and the rich history she shares with the young village children.
<i>Dim Sum Is For Everyone</i>	Grace Lin	0-440-41770-8	Chinese culture; choosing dishes and sharing meal time with family.
<i>CleverSticks</i>	Bernard Ashley	0-517-88332-5	Children learning, teaching, and sharing in an urban, multi-cultural setting.
<i>Fruits and Vegetables; Frutas y vegetales</i>	Gladys Rosa-Mendoza		Colorful, simple setting in English and Spanish languages exploring fruits and vegetables.
<i>Someone Says</i>	Carole Lexa Schaefer	0-670-03664-1	Colorful, multicultural interactive and movement based story in a early childhood setting.
<i>Handa'nin Surprizi</i> <i>Handa's Surprise</i>	Eileen Browne	1-85269-477-7	Fun and colorful story involving children, fruits, animals and a surprise. Available in: Albanian, Arabic, Bengali, Chinese, Farsi, French, Gujarati, Panjabi, Portuguese, Serbo-Croatian, Somali, Tamil, Turkish, Twi, Urdu, Yoruba.
<i>El Gusto Del Mercado Mexicano; A Taste of the Mexican Market</i>	Nancy Maria Grande Tabor	0-88106-820-9	Spanish and English languages with colorful illustrations exploring a wide variety of foods found in a Mexican market.
<i>Sally Jean, the Bicycle Queen</i>	Cari Best	0-374-36386-2	A fun book focusing on physical activity, family, neighbors, inventiveness, and choices.
<i>Eating</i>	Gwenyth Swain	1-84059-145-5	Real-life photographs and snappy sentences. Available in the following translations: Arabic, Bengali, Chinese, Gujarati, Punjabi, Turkish, Urdu, Vietnamese.
<i>Bee-bim Bop</i>	Linda Sue Park	0-618-26511-2	An interactive fun story looking at a traditional Korean dish with playful rhymes and a catchy beat.
<i>Gathering the Sun: An Alphabet in Spanish and English</i>	Alma Flor Ada Translated by: Rosa Zubizarreta	0-688-17067-6	Spanish and English languages combine with rich illustrations to describe the fruits and vegetables we eat, and the people that care for the crops and work the land every day.
<i>Margaret and Margarita; Margarita y Margaret</i>	Lynn Reiser	0-688-12240-X LE	A story of friendship that crosses language boundaries to find commonalities and fun.

FEAST: Scrapbook Fun

What Is It?

The *FEAST Scrapbook* encourages learning about nutrition and physical activity through playfulness, focusing on family strengths and competencies. Hands-on learning, time for quiet reflection, and sharing wisdom can lead to positive change and growth. Parents and caregivers work hard in their jobs, schools, and caring for their families. Chances for play may be rare.

The *FEAST Scrapbook Guide-by-the-Side* offers nutrition tidbits, activity ideas, and talking points for each page of the *FEAST Scrapbook*. It's a handy tool for family support staff, nutritionists, parent leaders, home visitors, and others folks leading FEAST scrapbooking discussions.

The *FEAST Scrapbook* works well in adult education groups, in family groups, and on home visits. Depending on the families you work with, parents and children might prefer to work together on the scrapbook. We suggest you check in with your families ahead of time as you plan for FEAST activities in your program.

What Do We Need?

- Playful families and staff.
- A *FEAST Scrapbook* for each family.
- A *FEAST Scrapbook Guide-by-the-Side* for the activity leader.
- Family photographs from FEAST family activities or other family events.
- Art supplies such as:
 - markers or watercolor pencils
 - stencils
 - stickers
 - pens and pencils
 - scissors and glue
 - old magazines or newspapers
 - construction paper
 - tissue paper
 - other art and craft supplies

Scrapbook Ordering Information

For ECEAP providers offering FEAST activities through contract with the Department of Early Learning, Washington State, scrapbooks can be ordered here:

http://www.prt.wa.gov/default.asp?p=serv_ful

However, anyone may download the FEAST Scrapbook or *FEAST Guide-by-the-Side* to use. You will need Adobe Reader to access the materials here:

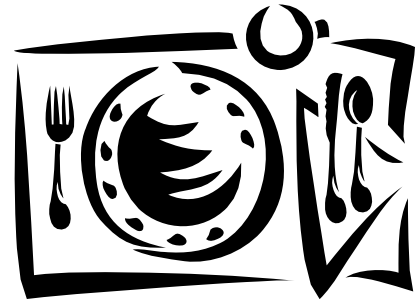
http://www.del.wa.gov/eceap/food_nutrition.shtml

FEAST: Sharing Time and Food

Eating together offers benefits that go far beyond the food. In our busy world, people have a hard time just finding time to sit down with each other at the table. However, there are many benefits (health, social, emotional, cognitive) in eating meals together.

Why Eat Together?

When families eat together, they have the chance to connect with each other. Adults model table manners and politeness for their children. Children practice eating and doing what they see their parents and caregivers eating and doing. Studies report that teens who eat meals in their family home with parents and siblings do better in school and are less likely to experiment with risky behaviors.



During positive mealtimes, adults provide nutritious foods, and children choose what foods to eat and how much of them to eat.

Positive mealtimes share certain traits, such as a friendly, safe environment where:

- Everyone sits together.
- Family members pass and choose foods.
- Family members share relaxed conversations.
- Adults model trying new foods, or “Adventure Bites.”
- Children are encouraged to try new foods, not forced.
- Plates aren’t expected to be “clean.”
- Clean-up duties are shared.

Are There Ways to Encourage Eating Together?

Absolutely! Modeling eating together goes a long way towards supporting and encouraging folks to make time for family snacks and meals. Remember – it can be hard to do what is unfamiliar. In many respects, dining at the family table is a lost art. Some simple suggestions for ways to start include:

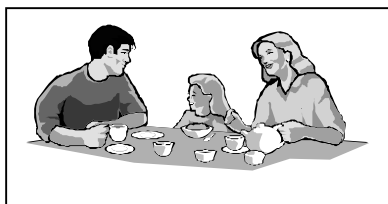
- Turn off the television.
- Involve everyone in preparing the meal and setting the table.
- Engage all family members in cleaning up, too!
- Take turns choosing a special food.
- Ask each family member to share the best part of their day.

The following page provides a poster about the benefits of eating together. Feel free to reproduce the poster. It’s a good tool for sharing some simple ideas about family meals, family time, health, and learning.



Besides Food, What's In A Meal? Además de alimentos, ¿qué hay en una comida?

Family Time
Tiempo familiar



Relaxation
Descanso



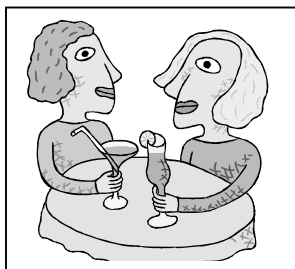
Ritual
Ritos



Fun
Alegría



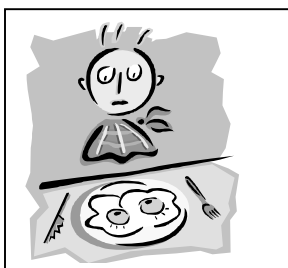
Conversation
Conversación



Skill-Building
Aprendizaje



Opportunities
Oportunidades



FEAST: Conversation Starter Cards

One of the hardest parts about sitting at a table with people is getting conversation going. Make copies of these cards and put them at the tables where families will sit together while they try the salads, smoothies, or parfaits they have made. Sit with families and model adventure bites, passing, self-serve, and conversation skills.



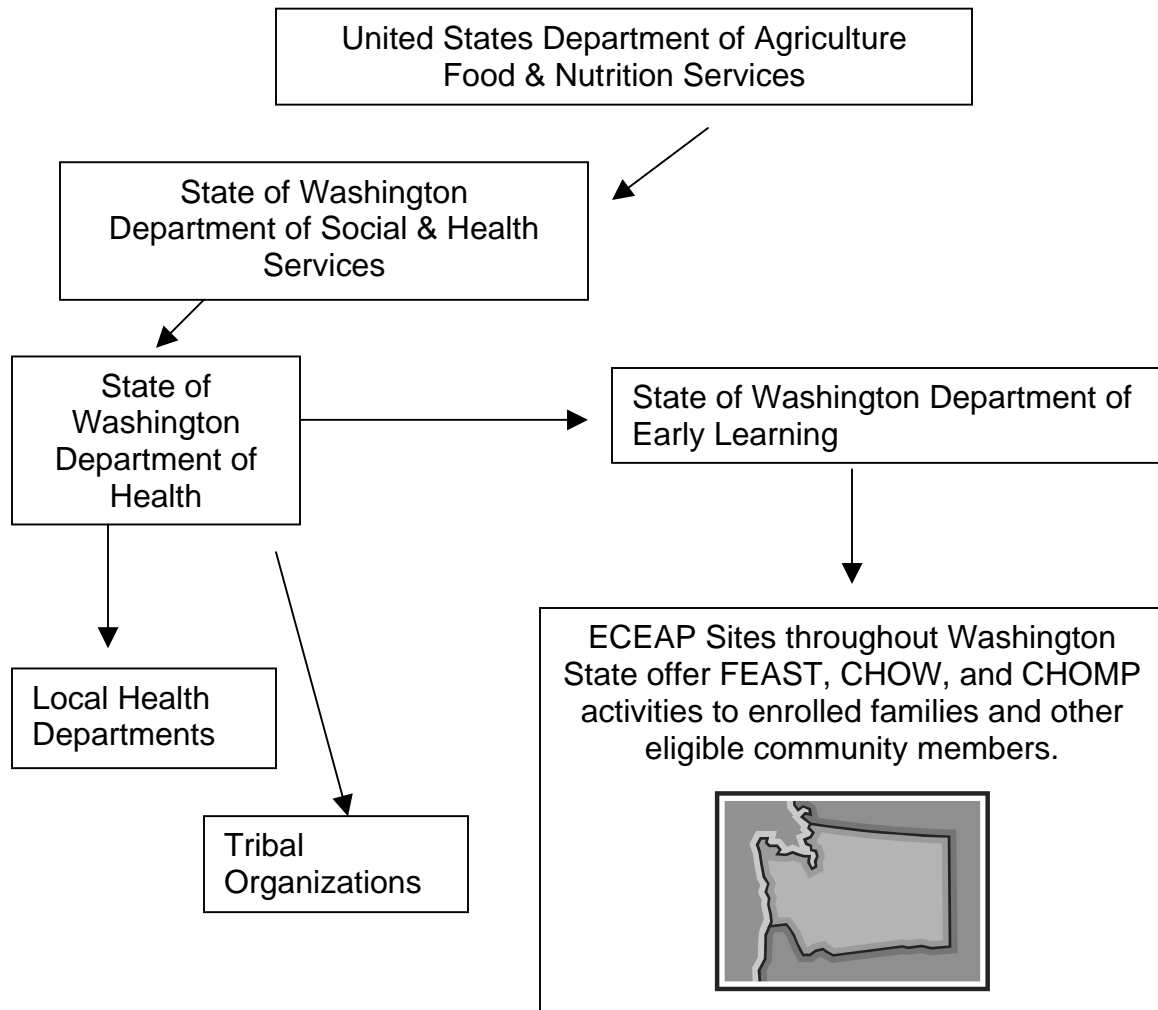
<p>What was the best thing that happened to you today?</p>  <p>¿Qué fue lo más lindo que te pasó hoy?</p> <p>Conversation is a skill that takes practice! One trick is to find a question that interests your family.</p>	<p>Who has a funny story to share?</p>  <p>¿Quién tiene una anécdota cómica para contar?</p> <p>Conversation is a skill that takes practice! One trick is to find a question that interests your family.</p>
<p>If you could be any animal, what would you be?</p>  <p>Si pudieras ser un animal, ¿qué animal serías?</p> <p>Conversation is a skill that takes practice! One trick is to find a question that interests your family.</p>	<p>How many colors can you see on your plate?</p>  <p>¿Cuántos colores puedes ver en tu plato?</p> <p>Conversation is a skill that takes practice! One trick is to find a question that interests your family.</p>

How Does FEAST End Up in ECEAP?

The project funding starts at the national level. Each state submits a plan that deals with nutrition, physical activity, and ways that the state can help improve and enhance healthy outcomes for its citizens.

Here in Washington State, we take great pride in the local planning and development of FEAST, CHOW, and CHOMP. Staff and families in ECEAP have been closely involved in the planning and design of the activities.

Where Does the Basic Food Nutrition Education Program Come From?



FEAST: Reporting Requirements

This section is specifically geared to ECEAP agencies in Washington State that provide these activities under contract for reimbursement.

The Basic Food Nutrition Education Program is a federal program funded through USDA Food and Nutrition Services. Reimbursement is based on a 55% match of local non-federal funds, in order to leverage 45% reimbursement of the allowable costs.

Some Examples of Allowable Costs

- Staff time planning and preparing, outreach time, clean-up time. Remember to include staff that provide clerical assistance or janitorial services.
- Volunteer time directly related to the project.
- Mileage directly related to staff and volunteer project activities.
- Costs for supplies and materials, such as printing, paper.
- Records and cost of any donated materials or space.
- Cost of utilities.
- Receipts for incentive items. Each item must be \$4.00 or less.
- Receipts for demonstration/exploration food products.

What Costs Are Not Allowable?

- Transporting families to and from FEAST activities.
- Meals.
- Incentive items over \$4.00 per item.
- Volunteer time in non-profit settings.
- Recreation opportunities, such as gym passes or field trips to roller skating rinks or swimming pools.



Remember!

Avoid the end-of-the-year reporting rush!

Keep track of the following items:

FEAST Timesheet for Staff and Volunteers
FEAST Families Served Reporting Tool
FEAST Parent/Caregiver Individual Evaluations
Receipts for Demonstration/Exploration Foods
Receipts for Incentive Items

For more information on your project budget, and allowable costs or what costs to track, contact your program director or fiscal staff.

FEAST: Sample Activity Sign-In Sheet

ECEAP agencies contracting with Washington State's Department of Early Learning to provide FEAST must keep records on file of who attends FEAST activities. Many programs have their own system for tracking attendance. Feel free to use that system if it will get you the required information. The USDA needs to know how many eligible households were served and of the eligible households, how many adults and how many children. The data you collect on attendance is rolled up in the final reporting form (see page 50).

What activities should you track attendance for?

- FEAST Family Events
 - Family night sessions where the event is FEAST-focused.
 - At monthly parent meetings, where demonstration foods, scrapbooking pages and family activities are explored.
- FEAST Home Visiting
 - The home visits focus on nutrition education for at least 30 minutes of the visit with families in their homes.



Household	Parent/Caregiver Name	Number of Children Attending
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FOR HOURS WORKED SPECIFICALLY ON BASIC FOOD NUTRITION EDUCATION PROGRAM (BFNEP)

Name		Parent or community volunteer? Check one:	
Title		I volunteer for a non-profit org.	
Signature		I volunteer for a public school	
Hourly Rate		I volunteer for a college	
Agency		I volunteer for city or county gvt	

[illegible]

Minutes	Tenths
1-6	0.1
7-12	0.2
13-18	0.3
19-24	0.4
25-30	0.5
31-36	0.6
37-42	0.7
43-48	0.8
49-54	0.9
55-60	1.0 hour

<p>Total Hours Worked for all Activities</p>

Total Cost <i>(Hours X Rate)</i>	

Note:

Staff Rate = Sal + Ben

Vol. Rate = \$10/hr

FEAST: End-of-Year Reporting

ECEAP Contractor: _____

Site: _____

Contact Information: _____

Basic Food Eligible Clients Served 2006-2007

Complete this form by totaling how many eligible people your program served during the program year.

FEAST Family Events		FEAST Home Visits (a minimum of 30 minutes dedicated to nutrition education per visit)		CHOW Team Activities		CHOMP School-to-Home Kits	
Total Households Attending		Total Households Visited		Total CHOW Team Members		Total Number of Classrooms that received CHOMP Kits during the project year.	
Total Adults Attending		Total Adults Present		Total Number of Team Meetings			
Total Children Attending		Total Children Present		Total Number of Peer Outreach Sessions		Multiply number of classrooms by 100 for number of contacts.	
Total Indirect Contacts*				Total Indirect Contacts (include estimated attendance at peer outreach sessions)*			

* An indirect contact includes community presentations, news articles, radio announcements. For example, your classroom sent a parent letter out to 50 families that included information on FEAST, CHOW, or CHOMP. Your number of indirect contacts would be 50.

Submit completed form to:
Shannon Blood, State ECEAP Office, Department of Early Learning
128-10th Avenue SW, Box 42525, Olympia, WA 98504
Questions? Call: 360/725-2838

FEAST Parent/Caregiver Evaluation

Family Name or Initial _____

Site or Classroom _____

ECEAP Contractor _____

FEAST Session 1 Date: _____

1. How many servings of fruits and vegetables did you eat yesterday?

- ☐ 0
- ☐ 0-1
- ☐ 1-2
- ☐ 3-4
- ☐ 4-6
- ☐ 7-8
- ☐ 9-10
- ☐ 11 or more

2. Are you planning to eat more servings of vegetables and fruit during the next month?

- ☐ Yes
- ☐ No

3. How many fruits and vegetables do you plan to eat each day?

- ☐ 0
- ☐ 0-1
- ☐ 1-2
- ☐ 3-4
- ☐ 4-6
- ☐ 7-8
- ☐ 9-10
- ☐ 11 or more

4. I think getting physical activity everyday is important.

- ☐ Yes
- ☐ No

5. I get enough physical activity everyday.

- ☐ Yes
- ☐ No

6. I would like to know more about getting physical activity everyday.

- ☐ Yes
- ☐ No

FEAST Session 2 Date: _____

1. What choice best describes you?
Choose one answer only.

- ☐ I don't think about eating 5 or more servings of fruits and vegetables each day.
- ☐ I think about eating 5 or more servings of fruits and vegetables each day.
- ☐ I plan to start eating 5 or more servings of fruits and vegetables each day.
- ☐ I try to eat 5 or more servings of fruits and vegetables each day.
- ☐ I eat 5 or more servings of fruits and vegetables each day.

2. I got 30 minutes of physical activity on how many days in the past week?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

3. Next week I plan to get 30 minutes of physical activity on how many days?

- ☐ 0-1
- ☐ 2-3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

Fold Here

Family Name or Initial _____

Site or Classroom _____

ECEAP Contractor _____

FEAST - Reunión 1 - Fecha: _____

1. ¿Cuántas porciones de frutas y verduras comiste ayer?

- ☐ 0
- ☐ 0-1
- ☐ 1-2
- ☐ 3-4
- ☐ 4-6
- ☐ 7-8
- ☐ 9-10
- ☐ 11 o más

2. ¿Planeas comer más porciones de verduras y frutas durante el próximo mes?

- ☐ Sí
- ☐ No

3. ¿Cuántas frutas y verduras planeas comer por día?

- ☐ 0
- ☐ 0-1
- ☐ 1-2
- ☐ 3-4
- ☐ 4-6
- ☐ 7-8
- ☐ 9-10
- ☐ 11 o más

4. Creó que es importante tener actividades físicas todos los días.

- ☐ Sí
- ☐ No

5. Yo tengo suficiente actividad física todos los días.

- ☐ Sí
- ☐ No

6. Me gustaría saber más acerca de tener más actividad física todos los días.

- ☐ Sí
- ☐ No

FEAST - Reunión 2 - Fecha: _____

1. ¿Qué ideas te describen mejor?
Elige una sola respuesta.

- ☐ Ni pienso en comer 5 o más porciones de frutas y verduras por día.
- ☐ Pienso comer 5 o más porciones de frutas y verduras por día.
- ☐ Planeo empezar a comer 5 o más porciones de frutas y verduras por día.
- ☐ Intento comer 5 o más porciones de frutas y verduras por día.
- ☐ Yo como 5 o más porciones de frutas y verduras por día.

2. ¿Cuántos días, durante la semana pasada, tuviste 30 minutos de actividades físicas?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

3. ¿La semana próxima planeo tener 30 minutos de actividades físicas, durante este número de días?

- ☐ 0-1
- ☐ 2-3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

Some Final Thoughts

FEAST works best when offered to families as a partnership. Family health happens in many ways – no one way is the only right way. By offering families time to connect with each other and other families, nutrition and health messages offer are more likely to be heard.



Principles of Family Support

Adapted from Family Support America 1998

We all work together in relationships based on equality and respect.

Our work enhances families' capacity to support the growth and development of all family members.

We recognize each individual as a resource to their family members, to other families, to programs, and to communities.

Our work affirms and strengthens cultural, racial, and linguistic identities, and enhances our ability to function in a multicultural society.

Our work is embedded in the community and contributes to the community building process.

We advocate with families for services and systems that are fair, responsive, and accountable to those we serve.

We work with families to mobilize formal and informal resources to support family development.

Our work is flexible and continually responsive to emerging family and community issues.

We model principles of family support in all our work including planning, governance, and administration.



Basic Foods and Nutrition Education Program (BFNEP)

Nutrition:

- In 2000, only 25% of Washington State adults reported consuming 5 to 9 fruits and vegetables each day.
- From 1999 – 2001 Washington State ranked #2 in the nation for food insecurity and hunger.

Physical Activity:

- In 2000, only 27.0% of Washington adults were moderately active at the recommended level (30 minutes of moderate physical activity on 5 or more days a week) during their leisure time.
- Benefits of regular physical activity include reduced rates of heart disease, high blood pressure, colon cancer, type 2 diabetes, falls and fractures, and obesity.

Obesity

- The rate of obesity in the state continues to climb. Washington obesity rates have doubled in the last 10 years. In 1990, 9.4% of Washington adults were obese and in 2000, about 20% of adults were obese.

For more BFNEP contact:

Gail Brandt, Coordinator
(360) 236-3739

Gail.brandt@doh.wa.gov

BFNEP is a non-competitive nutrition education program sponsored by the Department of Health, Department of Social & Health Services, and the US Department of Agriculture Food & Nutrition Service.

The goal of BFNEP is to provide educational programs that increase, within a limited budget, the likelihood that Basic Food Program and Food Distribution Program* recipients will make healthy food choices and choose active lifestyles consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid. BFNEP encourages collaboration and coordination with all Food and Nutrition Service programs such as WIC, Head Start, Child Nutrition Programs, and Senior Farmers' Market as well as community groups, including faith-based organizations, and existing service coalitions.

BFNEP is intended to help Basic Food Program households:

- Adopt healthy eating habits that are consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid.
- Incorporate regular moderate activity into an active lifestyle.
- As part of nutrition education activities, insure that families have enough to eat without resorting to emergency food assistance and making sure eligible people are aware of the program benefits and know how to apply.
- Improve participants' ability to safely handle, prepare and store food.
- Enhance practices related to thrifty shopping and preparation of nutritious foods.

The USDA Food and Nutrition Services funds BFNEP. In Washington State, the Department of Health sponsors BFNEP and contracts with governmental agencies. Currently the Department of Health has contracts with 12 Local Health Jurisdictions, 11 Indian Tribal Organizations and one state agency with 21 local participating sites.

Sponsoring agencies must demonstrate that BFNEP funded activities are targeted to eligible participants for the Basic Food Program and that at least 50% of the population targeted has a gross household income at or below 185% of poverty.

Mission Statement: To promote nutrition, physical activity and optimal care to prevent or treat obesity, diabetes and cardiovascular disease in Washington State.

For More Information About FEAST, Contact:

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